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As part of our ongoing commitment to prioritize the safety and well-being of our members, the Board of Directors of Hockey Nova Scotia has implemented some important changes.

As announced at the **2023 Hockey Nova Scotia Annual General Meeting** in May of 2023, we are introducing a new requirement for all Hockey Nova Scotia volunteers. Over the course of the next three seasons, we will be phasing in a **First Aid, CPR, and AED (Automated External Defibrillator) training requirement for volunteers**. This implementation will ensure that we equip our members with the necessary skills to provide immediate care in the event of any injury or medical emergency.

## **NEW REQUIREMENTS FOR 2023-24 SEASON**

During the 2023-24 hockey season, the following will be required:

**U7/U9:** At least one (1) on-ice team volunteer is required to have the [HU-Online Safety Program](#) and **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**, and **AED** certification. This volunteer must be on the ice at all times, and present for all team events and activities.

**All Other Minor, Female, Junior, and Elite Levels:** All team volunteers (excluding Dressing Room Supervisors) are required to have the [HU-Online Safety Program](#). At least one (1) team volunteer is required to have **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**, and **AED** certification. This volunteer must be present for all on and off-ice team events and activities.

By the 2025-26 season, all Minor and Female AA and A team volunteers (excluding Dress Room Supervisors) will be required to have **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**, and **AED** certification.

Please note that your **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**, and **AED** certification remains effective for use with Hockey Nova Scotia until the conclusion of the hockey year coinciding with its expiration. For example, if your certification expires in 2025, it will be honoured by Hockey Nova Scotia until the end of the 2024-25 season. If your certification expires in 2026, it will be valid with Hockey Nova Scotia until the end of the 2025-26 season

## **HOW TO SUBMIT YOUR CERTIFICATION**

Once completed, the HU-Online Safety Program will be reflected on your Hockey Canada Registry (HCR) account.

However, all **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**,



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and AED certificates must be sent to [info@hockeynovascotia.ca](mailto:info@hockeynovascotia.ca). In your email, please include your **full name, hockey association, and date of birth**.

## FINDING A CSA BASIC (EMERGENCY) FIRST AID, CPR (LEVEL C), AND AED PROGRAM NEAR YOU

We understand that various workplaces in Canada already require First Aid, CPR, and AED certified employees for ensuring immediate response during emergencies, and we believe that this standard should be upheld in our hockey community as well. These life-saving skills can make a significant difference when faced with unexpected situations on and off the ice.

To facilitate the process of obtaining the required certification, we encourage each Hockey Association (HA) to collaborate with a local service provider that specializes in offering First Aid, CPR, and AED training programs. We have compiled a list of some potential providers below. Please note there are several qualified independent providers across the province.

- **St. John Ambulance:** [https://www.sja.ca/en?gclid=Cj0KCQjwilOmBhDjARIsAP6YhSUFsTMOFfzqB3ezeUqbacbpQ6HMz723CXVwFRvhnzcckhFUP\\_Kw0elaAvGxEALw\\_wcB](https://www.sja.ca/en?gclid=Cj0KCQjwilOmBhDjARIsAP6YhSUFsTMOFfzqB3ezeUqbacbpQ6HMz723CXVwFRvhnzcckhFUP_Kw0elaAvGxEALw_wcB)
- **Priority First Aid:** [https://priorityfirstaid.ca/?gclid=Cj0KCQjwilOmBhDjARIsAP6YhSXJMRcm12KrO6joVi8dQ3bTvF3TU4jl7G9-2se8YIJSYvTu6RyU6M4aAgWhEALw\\_wcB](https://priorityfirstaid.ca/?gclid=Cj0KCQjwilOmBhDjARIsAP6YhSXJMRcm12KrO6joVi8dQ3bTvF3TU4jl7G9-2se8YIJSYvTu6RyU6M4aAgWhEALw_wcB)
- **Canadian Red Cross:** <https://www.redcross.ca/in-your-community/nova-scotia/first-aid-and-cpr#:~:text=Canadian%20Red%20Cross%20First%20Aid,find%20training%20in%20your%20area>.
- **Lifeshield:** <https://lifeshield.ca/course-list/>
- **Commissionaires:** <https://commissionaires.ca/en/courses/emergency-first-aid-cpr-aed-level-a-c/>

Please ensure that the training program includes **CSA Basic First Aid** (often called **Emergency First Aid** by providers), **CPR (Level C)**, and **AED** certification as the *minimum requirement*. The service provider will work closely with your Hockey Association to customize the training to meet the specific health and safety needs of your respective teams.

Training programs are available in various formats, such as in-person sessions over a weekend or multiple evening sessions, as well as online content to accommodate different schedules and



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preferences.

We want to emphasize that these changes are being made with your safety in mind. By ensuring that all our members are equipped with these vital skills, we are taking a proactive approach to handle any medical emergencies that may arise during our hockey activities.

Thank you for your cooperation in implementing these important changes. Together, we can create a safer on-ice environment for everyone on the ice in Nova Scotia.